

## BAR MUSCLE-UP

### Week 1

<b>PREREQUISITE</b>	<ul style="list-style-type: none"> <li>- 3-5+ strict chest-to-bar pull-ups</li> <li>- 3-5+ strict ring-dips</li> <li>- 10 seconds or more, top and bottom of a static bar dip support hold</li> </ul>
<b>DAY 1</b>	<ol style="list-style-type: none"> <li>1) 5 × 3 reps strict chin-over-bar pull-ups</li> <li>2) 3 × 15 reps hand-release push-ups</li> <li>3) 100 banded pull-aparts <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 2</b>	<ol style="list-style-type: none"> <li>1) 5 × 3 reps strict chest-to-bar pull-ups</li> <li>2) 4 × 6 reps paused dumbbell bench presses <ul style="list-style-type: none"> <li>- Pause on chest for 1 second each rep</li> </ul> </li> <li>3) 100 banded face pulls <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 3</b>	<ol style="list-style-type: none"> <li>1) 5 × 3 reps strict chest-to-bar pull-ups</li> <li>2) 3 × 10 reps deficit push-ups</li> <li>3) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> <li>- Use light dumbbells</li> </ul> </li> </ol>
<b>WEEKLY TECHNIQUE DEVELOPMENT</b>	<ol style="list-style-type: none"> <li>1) 3 × 5 reps kip swings <ul style="list-style-type: none"> <li>- Palms high on the bar, push and pull with the shoulders.</li> </ul> </li> <li>2) 3 sets x 2 kip swings + 1 kip <ul style="list-style-type: none"> <li>- Small push and pull, then a bigger push and pull.</li> </ul> </li> <li>3) 3 kipping pull-ups <ul style="list-style-type: none"> <li>- Press down hard on the bar, then pull.</li> </ul> </li> <li>4) 3 chest-to-bar pull-ups <ul style="list-style-type: none"> <li>- Big push-away at the top of the rep to reset the swing.</li> </ul> </li> <li>5) 3 × 3 reps climbing pull-up drill <ul style="list-style-type: none"> <li>- Perform a chest-to-bar, then sternum-to-bar, then belly-to-bar; climb as high as possible by the third rep.</li> </ul> </li> </ol>
<b>RECOMMENDED STRETCHING</b>	<ol style="list-style-type: none"> <li>1) Banded shoulder stretch</li> <li>2) Reach, roll, and lifts</li> <li>3) Foam roll upper back</li> <li>4) Lacrosse-ball shoulder mash</li> </ol>

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### Week 2

<b>DAY 4</b>	<ol style="list-style-type: none"> <li>1) 4 × 5 reps strict chest-to-bar pull-ups</li> <li>2) 3 × 10 reps Russian dips</li> <li>3) 100 banded pull-aparts <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 5</b>	<ol style="list-style-type: none"> <li>1) 5 × 3 reps jumping bar muscle-ups <ul style="list-style-type: none"> <li>- Jump only as much as you need to to assist in getting your chin over the bar.</li> </ul> </li> <li>2) 3 × 10 reps straight bar or ring-dips</li> <li>3) 5 × 3 reps weighted chin-over-bar pull-ups <ul style="list-style-type: none"> <li>- Use a weight that allows you to perform 3 reps unbroken</li> </ul> </li> <li>4) 100 banded face pulls <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 6</b>	<ol style="list-style-type: none"> <li>1) 5 × 3 reps banded bar muscle-ups <ul style="list-style-type: none"> <li>- Use a band that allows you to perform 3 unbroken and controlled reps.</li> </ul> </li> <li>2) 5 × 8 reps Russian dips</li> <li>3) 4 × 5 reps strict chest-to-bar pull-ups</li> <li>4) 2 × 10 reps dumbbell Y-T-A raises <ul style="list-style-type: none"> <li>- Use light dumbbells</li> </ul> </li> </ol>
<b>WEEKLY TECHNIQUE DEVELOPMENT</b>	<ol style="list-style-type: none"> <li>1) 3 × 3 reps low-bar transition drill <ul style="list-style-type: none"> <li>- Set up a pull-up bar about hip height.</li> <li>- Use the legs to move your body to the bar, transition on top of the bar, and then finally on top of the bar.</li> </ul> </li> </ol>
<b>RECOMMENDED STRETCHING</b>	<ol style="list-style-type: none"> <li>1) Banded shoulder stretch</li> <li>2) Reach, roll, and lifts</li> <li>3) Foam roll upper back</li> <li>4) Lacrosse-ball shoulder mash</li> </ol>

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### Week 3

<b>DAY 7</b>	<ol style="list-style-type: none"> <li>1) 5 × 1 rep bar muscle-up attempts - Give your best effort in performing a single rep under your own power</li> <li>2) 5 × 3 reps jumping bar muscle-ups - Jump only as much as you need to assist in getting your chin over the bar.</li> <li>3) 4 × 6 reps paused dumbbell bench presses - Pause on chest for 1 second each rep - Increase loading from the previous week</li> <li>4) 5 × 3 reps weighted chest-to-bar pull-ups - Use a weight that allows you to perform 3 reps unbroken</li> <li>5) 100 banded pull-aparts - Use a thin band</li> </ol>
<b>DAY 8</b>	<ol style="list-style-type: none"> <li>1) 5 × 2 reps banded bar muscle-ups - Use a band that allows you to perform 2 unbroken and controlled reps.</li> <li>2) 5 × 8 reps Russian dips</li> <li>3) 4 × 5 reps strict chest-to-bar pull-ups</li> <li>4) 100 banded face pulls - Use a thin band</li> </ol>
<b>DAY 9</b>	<ol style="list-style-type: none"> <li>1) 5 × 1 rep bar muscle-up attempts - Give your best effort in performing a single rep under your own power</li> <li>2) 5 × 3 reps jumping bar muscle-ups - Jump only as much as needed to assist in getting your body over the bar.</li> <li>3) 5 × 8 reps straight bar or ring-dips</li> <li>4) 4 × 8 reps archer rows</li> <li>5) 2 × 10 reps dumbbell Y-T-A raises - Use light dumbbells</li> </ol>
<b>WEEKLY TECHNIQUE DEVELOPMENT</b>	<ol style="list-style-type: none"> <li>1) 3 × 5 reps kip swings - Palms high on the bar, push and pull with the shoulders.</li> <li>2) 3 sets x 2 kip swings + 1 kip - Small push and pull, then a bigger push and pull.</li> <li>3) 3 kipping pull-ups - Press down hard on the bar, then pull.</li> <li>4) 3 chest-to-bar pull-ups - Big push-away at the top of the rep to reset the swing.</li> <li>5) 3 × 3 reps climbing pull-up drill - Perform a chest-to-bar, then sternum-to-bar, then belly-to-bar; climb as high as possible by the third rep.</li> </ol>
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### Week 4

<b>DAY 10</b>	<ol style="list-style-type: none"> <li>1) 5 × 1 rep bar muscle-up attempts <ul style="list-style-type: none"> <li>- Give your best effort in performing a single rep under your own power</li> </ul> </li> <li>2) 5 × 2 reps banded bar muscle-ups <ul style="list-style-type: none"> <li>- Use a band that allows you to perform 2 unbroken and controlled reps.</li> </ul> </li> <li>3) 5 × 8 reps Russian dips</li> <li>4) 10 × 2 reps weighted chest-to-bar pull-ups <ul style="list-style-type: none"> <li>- Use a weight that allows you to perform 3 reps unbroken</li> </ul> </li> <li>5) 100 banded pull-aparts <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 11</b>	<ol style="list-style-type: none"> <li>1) 5 × 1 rep bar muscle-up attempts <ul style="list-style-type: none"> <li>- Give your best effort in performing a single rep under your own power</li> </ul> </li> <li>2) 5 × 2 reps jumping bar muscle-ups <ul style="list-style-type: none"> <li>- Jump only as much as needed to assist in getting your body over the bar.</li> </ul> </li> <li>3) 5 × 8 reps straight bar or ring-dips</li> <li>4) 4 × 8 reps archer rows</li> <li>5) 100 banded face pulls <ul style="list-style-type: none"> <li>- Use a thin band</li> </ul> </li> </ol>
<b>DAY 12</b>	<ol style="list-style-type: none"> <li>1) Bar muscle-up attempts <ul style="list-style-type: none"> <li>- Focal points: Big kip swing, let yourself get as far behind the bar as possible before you pull the bar into the hips, sit-up fast, keep the bar pulled in tight to your body, look for your toes, and press out.</li> </ul> </li> </ol>
<b>WEEKLY TECHNIQUE DEVELOPMENT</b>	<ol style="list-style-type: none"> <li>1) 3 × 3 reps low-bar transition drill <ul style="list-style-type: none"> <li>- Set up a pull-up bar about hip height.</li> <li>- Use the legs to move your body to the bar, transition on top of the bar, and then finally on top of the bar.</li> </ul> </li> </ol>
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